



NAVAL BASE CORONADO

SAF-T-LINES



OCTOBER 2005



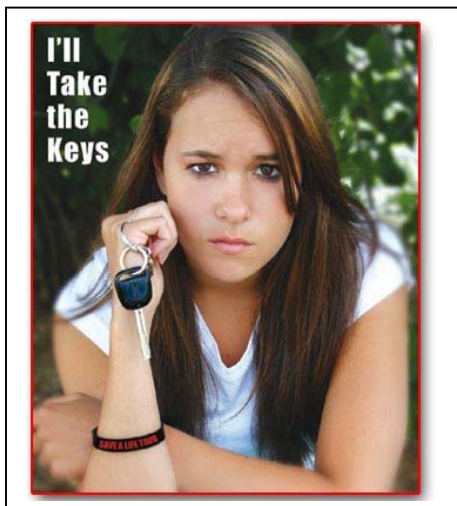
2005 CRITICAL DAYS OF SUMMER WRAP-UP

The 2005 Critical Days of Summer just ended with mixed results. On the plus side, the Navy private motor vehicle (PMV) mishap rate reached a ten-year low for this high risk period, and Marine Corps PMV deaths were well below the FY02-FY-4 average. There were seven fewer Navy and Marine PMV deaths than predicted. Recreation/off-duty fatalities were another story, as the Critical Days mishap rates were less encouraging.

Analysis of the Critical Days of Summer stats show:

- 8 of 15 Navy traffic deaths were from motorcycles.
- Among the remaining traffic deaths, four were passengers.
- Among Navy recreation deaths, three were drowning and one was from an ATV mishap.
- Marine fatalities during the period included four in motorcycle mishaps and one recreational mishap on a jet ski.
- Overall, 23 of the people who died were aged 25 and under.
- 12 mishaps occurred between midnight at 6 A. M.; 5 between 6 A. M. and noon; 11 between noon and 6 P. M.; and 14 between 6 P. M. and midnight.
- More 19-years olds (seven) died in the mishaps than any other group.

Detailed data is available at www.safetycenter.navy.mil/statistics/criticaldays.

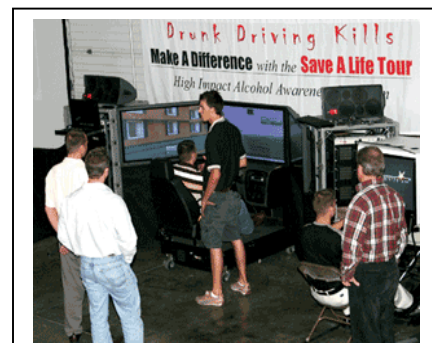
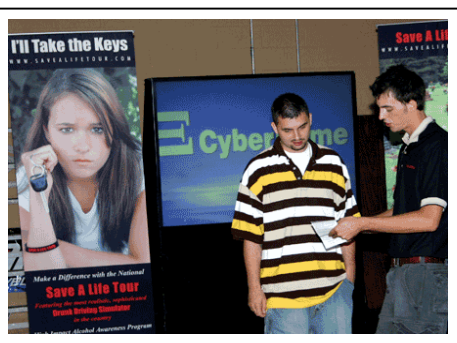


Drunk Driving Kills ***Make a Difference with the*** ***SAVE A LIFE TOUR***

HOSTED BY: NAVPERSCOM BUPERS
WHEN: 19-21 OCTOBER 2005
WHERE: NEX (NASNI) PARKING LOT
TIME: 1000 – 1800
POC: FCC(SW/AW) Ronnie Wright
 ADC Officer, COMNAVSURFOR
 Phone: (619) 437-3801
 DSN: 577-3801

“I’ll Take the Keys” National Ad Campaign which kick off in the summer of 2005 supporting the **Save A Life Tour**.

Del Rivera
 NBC Safety Office
 Phone: (619) 545-4198



Immersive Multi-Screen State-of-the-Art Drunk Driving Simulator allows people to experience firsthand how alcohol impairs driving skills. Each participant receives a "ticket" showing the number of violations committed during their simulation and an "I'll Take the Keys" bracelet.



The **Save A Life Tour** truck and 36' trailer serving as a Mobile Billboard will park outside your event with Full Emergency Flashing Yellow lights running throughout the event.

HOW IT WORKS - The Driving Experience

All participants in the **"Save A Life" Tour** begin the experience sober as "witnesses" of other drivers' bad judgment and deteriorating driving skills due to alcohol consumption. Two additional large screen displays reveal what each driver sees, the face of the driver, a helicopter view of the driver's vehicle in traffic, and an indicator level of the driver's impairment as it gradually worsens. True to real life, the drive usually ends in a serious accident.

Every driver is served with a simulated citation as a powerful reminder of his or her Driving Under the Influence.

For more information go to: www.savealifetour.net and watch the video.

1. Set up for Operator.



2. Explaining how.



3. Spectator Monitor



4. Dashboard Close-up



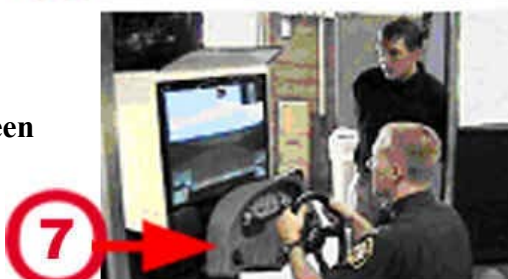
5. 225 degrees field of vision.



6. Trying hard.



7. Single-screen trainer.



8. Help "Save a Life".



EMERGENCY PREPAREDNESS

Equipped to Survive – 72 Hour Emergency Kit

Emergency preparedness doesn't have to be expensive and you don't have to buy special survival gear and supplies. It's quite easy to assemble a basic 72-hour Emergency/Survival Kit with a trip to the supermarket and hardware store. That doesn't mean it will be the lightest possible kit, nor take up the least volume, but it will suffice to keep you going when things take a turn for the worse.

The industry has settled on 72 hours as a reasonable length of time for which you ought to be prepared. This is based on historical evidence that suggests that by the end of 72 hours, at least in first world countries, government services will be restored to the point that you can avail yourselves of them without major difficulty. What you are trying to prepare for is to be able to take care of yourself and your loved ones during the first hours and days when government and volunteer services may not be able to respond as fully or quickly as anyone would like. The reality is that it takes time to organize and marshal the equipment and people needed; you may well be on your own until then.

The essentials you need to survive for the short term are water and shelter. Everything else is really a luxury. That's not to say there aren't significant advantages to having food and medical supplies and the rest, but in terms of priority, they come second after the most basic essentials.

Sustenance:

Water

Water is fundamental to your body's continued health. You can live and even function quite well for weeks without food, but even a day without water in many environments can disable or kill you.

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep at least a three-day supply of water per person.



Your minimum goal should be a gallon of water per person per day, more in hot climate. This will allow you to maintain your full strength, so you can take care of yourself and others. Packaged water designed for emergency use generally has a minimum shelf life of five years, and it'll probably be perfectly safe for years longer. You can use bottled water, but you should rotate your supplies every six months, it isn't prepared or packed for long storage.

Food



As we said, you don't need food to survive, and many of us could do with an enforced diet, but you'll feel better and perform better with food to replenish your energy stores. Most of us will do quite well on 2,000 calories a day in such a situation, though you want more if you anticipate heavy work or cold weather. A typical commercial kit will include about 2,000 calories per day. Simple carbohydrates are the best for this purpose, starches and the like.

They provide long lasting energy and are easy to digest using minimal water. Simple sugars such as candy aren't much use unless you're looking for a quick, short-term energy boost. You want sustenance, sustainable energy.

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Pack a manual can opener and eating utensils. Choose foods your family will eat such as:

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

Shelter

We're not talking tents or RVs here, it's much more basic than that. A pair of large (33 gallon or larger) garbage bags per person will do in a pinch. These can serve as both improvised sleeping bag and poncho. For those living where it may get cold, a good wool blanket for each person will be most welcome. More effective would be a decent size tarp. Be sure you have some rope with which to secure it.

Miscellaneous Items

- Flashlight and spare batteries
- Crank or battery operated radio
- First aid kit and prescription drugs
- Decent quality knife or multi-purpose tool
- Candles and matches or lighter
- Whistle (in case you need to attract attention)
- Toiletries, spare eyeglasses and other personal items
- Extra set of keys and money (including small change for pay telephones)
- Copies of your important documents (identification, personal papers)

FIRE SAFETY



Imagine this for a moment. It could save you more than just time. Imagine waking up to the smell of smoke. Imagine seeing your hall filling with thick black clouds, with flames round your kitchen door.

Would you know what to do if a fire started in your home? Take the time to review fire safety facts and tips so your family will be prepared in the event of a fire emergency in your home

FIRE PREVENTION

Of course, the best way to practice fire safety is to make sure a fire doesn't break out in the first place. That means you should always be aware of potential hazards in your home. Start by keeping these tips in mind:

Check all electrical appliances, cords and outlets

Are your electrical appliances in good condition, without loose or frayed cords or plugs? Are your outlets overloaded? Does your home contain ground-fault circuit interrupters (GFCI) or arc-fault circuit interrupters (AFCI), which prevent electrical shock and fire by shutting off faulty circuits? Don't run electrical wires under rugs. Cover any outlets that are not in use with plastic safety covers if you have toddlers or young children in your home.

Be careful in the kitchen

Did you know that cooking is the leading cause of fires in the United States? The kitchen is rife with ways for a fire to start: food left unsupervised on a stove or in an oven or microwave; grease spills; a dish towel too close to the burner; a toaster or toaster oven flare-up; a coffee pot accidentally left on. Always supervise your child while cooking, and make sure to practice safe cooking habits – like turning all pot handles in so they can't be accidentally knocked over and not wearing loose-fitting clothing that could catch fire around stove.

Beware of cigarettes

According to the National Fire Prevention Association (NFPA), cigarettes are the number-one cause of fire deaths in the United States and Canada, killing about 1,000 people per year. Most are started when ashes or butts fall into couches and chairs. If you smoke, be especially careful around upholstered furniture, never smoke in bed, and be sure cigarettes are completely out before you toss them into the trash.

Never let your child play with matches and lighters

Always keep matches and lighters out of children's reach. Store flammable materials such as gasoline, kerosene, and flammable

HOUSEHOLD TIPS

Make sure all smoke alarms are in working order – It's a fact – having a smoke alarm in the house cuts your risk of dying in a fire in half. If your home doesn't have a smoke alarm, now is the time to install them on every level of your home and in each room. Test your smoke alarms monthly, and be sure your children are familiar with the sound of the alarm.



Keep fire extinguishers handy – Be prepared for any accidents by having fire extinguishers strategically placed around your house. Fire extinguishers are best used when a fire is contained in a small area, like a wastebasket, and when the fire department has already been called. According to NFPA, remember the word **PASS** when operating an extinguisher:

- Pull the pin. Release the lock with the nozzle pointing away from you.
- Aim low. Point the extinguisher at the base of the fire.
- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side to side.



Plan escape routes – Planned escape routes are a necessity, especially if a fire were to occur during the night. Go through each room in your house and think about the possible exits. You should have in your mind two escape routes from each room, in case one is blocked by fire.

Teach children the facts about fire – Unfortunately, many children will try to hide from a fire, often in closet, under a bed, or in a corner. But if taught basic fire facts, children would be better able to protect themselves. Teach your child that fires spread quickly, that most fire-related deaths are not from burns but from smoke inhalation, and that dangerous fumes can overcome a person in just a few minutes. Children should also always be dressed for bed in flame-retardant sleepwear.

Practice fire drills at home – Kids have fire drills at school and adults have them at work. Why shouldn't you have them at home, too? Fires are frightening and can cause panic. By rehearsing different scenarios, your family will be less likely to waste precious time trying to figure out what to do. Discuss and rehearse the escape routes you've planned for each room of your home. Designate a meeting place outside your house or apartment building that is a safe distance away, where everyone can be accounted for after they escape.

Then, every so often, test your plan. Use your finger to set off the smoke detector and let everyone know it's time for a fire drill. See if everyone can evacuate your home and gather outside within 3 minutes – the time it can take for an entire house to go up in flames.

Being prepared is the best way to protect your family from a fire. So know the rules of fire prevention, stock your home with fire-safety items, and make sure your kids know what to do in a fire. A few minutes of planning now may save lives later on.

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 5 October, 15 November, and 7 December 2005
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 6 October, 16 November, and 8 December 2005
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
Respiratory Protection Program (Users) - 1300-1430
Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

AMPHIBIOUS CONSTRUCTION BATTALION ONE (ACB-1)	05 OCT
NAVAL UNDERSEA WARFARE CENTER (NUWC)	12 OCT
NAVAL BEACH GROUP ONE (NBG-1)	17 OCT
AIMD	18 OCT
CNAP	31 OCT
WEAPONS	21 NOV

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

RON CABLAY	545-1052	THOMAS HIRZEL	767-7546
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MARVIN LENNETT	545-2492	RUBEN RODRIGUEZ	545-1055

FAX NUMBER – 545-1053

The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.